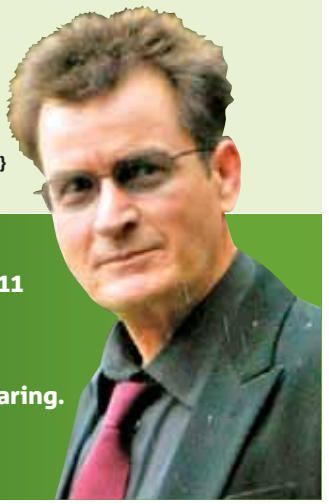
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THREE MEAT CHILI
A SUPER BOWL
TO BEAT THE COLD
{page 13}



IN TREATMENT
SHEEN SEEKS HELP AFTER WILD WEEK
{page 11}



HALIFAX metro®
Monday, January 31, 2011
www.metronews.ca
News worth sharing.

Moncton landing U2? 'Great for them': Kelly

- Donald K. Donald and Live Nation Global Touring holding press conference at noon today in Moncton
- Media reports suggest that U2 concert will happen on Saturday, July 30 at Magnetic Hill concert site



PHILIP CROUCHER
@METRONEWS.CA

VIRGINIA MAYO/THE ASSOCIATED PRESS



▶ U2's Bono

Easily one of the biggest concerts to ever rock the Maritimes is expected to be officially announced today.

But HRM Mayor Peter Kelly says there is no sour grapes that iconic rockers U2 are reportedly playing in Moncton, not Halifax, this summer.

"That's great for them. That's great for Atlantic Canada and I wish them well," Kelly said yesterday.

The concert would be the latest feather in the cap for the New Brunswick city in landing major events.

The Rolling Stones and AC/DC have all played out of the Magnetic Hill concert site, and last September, Moncton hosted the first-ever regular season Canadian Football League game east of Quebec at its new 20,000-seat outdoor stadium.

"We can't keep fighting over everything," Kelly said, referring to talk of a rivalry existing between Moncton and Halifax in landing these marquee events. "Everybody can't get everything. We have to share those resources. They have done well and I wish them well with this concert."

There are no outdoor shows coming to the Halifax Common this summer because of the Canada Games oval, but Kelly said there may be at least one major one on Garrisons Grounds.

He offered no specifics, but said "there have been some discussions with some groups."

"I can't get into any specific names," he said. "I've heard quite a few names, but the fact is that I don't want to impact those negotiations."

Egypt's call. Halifax



▶ Mahmoud Abaza leads a chant during a rally in support of the protests against Egyptian President Hosni Mubarak at Grand Parade yesterday.

RYAN TAPLIN/METRO

Standing in solidarity with Egypt

Around 150 protesters gathered in downtown Halifax to show their support for their friends and family back home in Egypt. Story, page 4.

Rainmen blast RazorSharks

New coach pushes pace in first two games {page 17}

Commuting from Bedford?

Two reports on transportation are on the table {page 2}



1 news

Peeling. Back the mystery



▶ Roxi DLite, dubbed the Queen of Burlesque, performs on stage at the Everything To Do With Sex Show at the Cunard Centre yesterday. DLite was one of the featured performers for the three-day event, which wrapped up yesterday and included vendors, seminars and live performances on all things having to do with — you guessed it — sex.

PHILIP CROUCHER/METRO

Vamping it up at the Everything To Do With Sex Show

Transit reports look at options

- Further study on HRM commuter rail would cost $250,000
- All Bedford transit options would involve the BMO Centre
- Commuter train proposal would begin in Windsor Junction



JENNIFER TAPLIN
@METRONEWS.CA

Hey Bedford: take your pick of fast ferries, fast trains or fast buses.

Two reports on transportation will hit the Halifax regional council table tomorrow. One examines the feasibility of commuter rail through the city and another examines three transit options specifically for Bedford.

A commuter train running on CN lines from Windsor Junction could stop on Duke Street, Mill Cove, Rockingham, and Mumford and the Via Rail station on Barrington Street. It will cost nearly $31 million to start it up and more than $6 million a year to run it.

But the report suggests a commuter rail is a bad idea because many people will likely move out of the urban core and commute by train, according to the staff report.

"Encouraging more population to locate outside of HRM is contrary to the objectives of the Regional Plan's efforts to concentrate population," was written in the report. Plus adding more commuters will add to energy consumption and greenhouse gas emissions, it said.

For Bedford, a ferry, train and express bus were compared for costs and travel time.

But Bedford Coun. Tim Outhit said he's firmly behind the commuter train idea.

"Unlike the ferry and a bus service just for Bedford, I think a rail would ultimately have a huge impact on traffic," he said.

"I honestly believe for the long-term vision, a commuter rail will be proved to be more cost effective and greener."

He said he doesn't believe a commuter train will cause urban sprawl, but just get commuters out of their cars.

Bedford three

MetroLink bus

- travel time during morning peak: 31 minutes
- start up cost: $9 million
- annual operation cost: $1.8 million

Fast ferry

- peak travel time: 43 min.
- start up cost: $35.8 million
- operating cost: $4 million

Commuter train (Bedford to downtown)

- peak ravel time: 38 min.
- start up cost: $25.8 million
- operating cost: $4.2 million

Elderly woman tied up, robbed

An elderly woman says she was at home when a man broke in and tied her to a chair.

The robbery happened at 6:40 p.m. on Saturday night on Young Street in Halifax.

The woman told police she believed she knew the man who robbed her of some cash. She managed to escape from the chair and called police after the man left.

A suspect was arrested a short time after at a residence in Dartmouth.

"We still have a suspect in custody and there haven't been any charges yet," said Staff Sgt. Barb Saunders yesterday.

"It's an investigation that's a little more time consuming. There's evidence to be collected and they're still interviewing other potential subjects."

JENNIFER TAPLIN

Uninjured

The victim was treated by paramedics at the scene and released.

Council to decide on Waterside

Halifax regional council will approve or reject the paperwork needed for the Waterside Centre development to move forward.

Armour Group applied to the municipality more than eight months ago for an encroachment and an easement for a pipe to cross Lower Water Street to the Harbour. Armour wants to use ocean water for heating and cooling the office building.

Council will vote on the issue tomorrow and city staff recommended in their report that council approve the request. METRO

News on the move

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2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca



Unrest in Egypt provides a boost for the Toronto Stock Exchange. Video at metronews.ca

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Egypt experts agree that Hosni Mubarak is on his way out. Scan the code for the story.

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The treatment separates the spinal joints to take pressure off the discs and nerves. The three phases at CDPC include Spinal Decompression, Oxygen Enhancement (for patient relaxation), and a Nutritional phase. The full procedure is performed simultaneously during a patient's treatment. More information is available at **www.cdpc.info.**

Does it Work?

The treatment is **extremely** effective, especially for chronic problems. Everyone responds differently. However, generally patients notice a difference within a few treatments.

What do I do next?

Come in for an initial consultation or assessment. Any previous MRI, CT, x-ray reports would be helpful. If it is determined spinal decompression can help you, you will be given your recommendations for care. You can then decide when and if you would like to start care. There are **no obligations.**

This 43 year old female has a history of disc herniations in the low back and neck:

"After the 4th treatment, I was able to give up my cane..I now have full range of mobility and the pain has disappeared.. I have my life back and I am confident in my driving abilities. Family and friends have remarked about how much my mobility has improved and the fact that I can now do household tasks without having to rely on my husband. I am much more happy and pleasant to be around. In short, I have gone from being a fearful skeptic, as the treatments have been an answer to my prayers."
- Maria T., Halifax.

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CANADIAN DECOMPRESSION & PAIN CENTERS

Local Egyptians standing firm with protesters

- More than 100 people descend on Grand Parade in downtown Halifax for peaceful rally in show of solidarity with demonstrators in Egypt
- Similar demonstrations take place in cities across the country

RYAN TAPLIN/METRO



▶ A protester waves an Egyptian flag during a rally at Grand Parade yesterday afternoon.



ALEX BOUTILIER
@METRONEWS.CA

Mahmoud Abaza wishes he could be in Egypt right now.

The 25-year old engineer said he wanted to be in the streets in his home country, now entering its sixth day of anti-government protests.

"The sad thing (is) we're not in Egypt, and we cannot fly to Egypt," he said.

Despite the lawlessness and conflicts currently setting Cairo afire, Abaza's was a common sentiment in Halifax's Grand Parade yesterday, where about 150 people gathered in solidarity with the Egyptian protesters and against embattled President Hosni Mubarak.

The demonstrators were mostly of Egyptian descent, some having immigrated as recently as three years ago, others decades.

They chanted in English and Arabic, waving Egyptian flags and anti-Mubarak placards, calling for democratic and economic reform in a country whose autocratic president has sat for three decades.

"We are worried, of course. Everybody is concerned about his family, and worried about the events happening in Egypt."
MOHAMMEND FAIZ, 57, AT YESTERDAY'S PROTEST

"As an Egyptian-Canadian, I'm here to show my support for my fellow Egyptians who have risked their lives in the name of freedom for their country," said Nisma Makhlouf, 16.

"It hurts that Egypt is going through this," said Christina Kilada, 22.

"The people are hurting, the people are very frustrated, and they feel that their voices aren't heard."

Reports from Cairo paint a troubling picture.

The city's police force largely abandoned its posts. In this absence, civilian groups have armed themselves and barricaded their streets to ward off looters and thugs, as well as thousands of inmates set free from their jails.

At least 74 people have been killed in the protests.

Reform urged for public sector pensions

Taxpayers will be on the hook for hundreds of millions of dollars unless big changes are made to Nova Scotia's public sector pensions, says the co-author of a provincial report on private sector plans.

Bill Black said large deficits affecting plans for teachers and civil servants are making them unsustainable over the long term.

In particular, he believes it's time to take a close look at changes to the Nova Scotia Teachers Pension Plan, which reported a $1.3-billion deficit in 2009.

"My view would be that it's absolutely essential that the government bring that plan to a more sensible place as part of this round of negotiations," the former Conservative leadership candidate said in an interview.

The province and the union are trustees of the plan and would have to agree upon any adjustments.

THE CANADIAN PRESS

Teachers

- Finance Minister Graham Steele said the government is talking to the teachers union about its pension plan, but those discussions are separate from ongoing contract bargaining.

FINANCE

Maintain property tax cap: Group

The Canadian Taxpayers Federation is calling on the NDP government to maintain a cap on property taxes.

The cap, which ties property assessment increases to inflation, has been in place since 2008. But according to CTF Atlantic director Kevin Lacey, municipal politicians have been lobbying to remove it.

Lacey accused some municipalities of binge spending, noting HRM has increased spending since 2006-07 by 13 per cent — almost $100 million.

But Mayor Peter Kelly said the increased spending is required due to a decades-old "infrastructure deficiency."

"The large municipalities are having to pick up more of that deficit — more and more each year," he said, noting federally legislated changes to wastewater regulations will cost millions. ALEX BOUTILIER

Witnesses sought in pedestrian death

Police are asking for the public's help as they continue to investigate a fatal collision involving a pedestrian last week in Halifax.

A 63-year woman was killed last Monday when she was struck by a black Toyota as she was crossing from north to south on Coburg Road near Edward Street.

The victim was pronounced dead at the scene. A female was driving the car that struck the woman, but police aren't releasing an age.

Investigators are still trying to determine where the woman was walking when she was struck.

There were no visible marked crosswalks at the intersection at the accident scene. METRO

Can you help?

- Anyone who witnessed the accident but hasn't spoken with police are asked to call 490-5016.

Snowmobile accident kills man

Police are investigating a fatal snowmobile accident in Mulgrave, Antigonish Co.

RCMP say they received a 911 call Friday at 7:15 p.m., indicating that a 31-year-old man had flipped his snowmobile.

Police, firefighters and paramedics responded to the accident on the Old Mulgrave Road, where the man was pronounced dead.

THE CANADIAN PRESS

Charge laid in alleged stunting

A Halifax man has been charged with stunting after allegedly driving 168 km/h in Cumberland County.

RCMP say the 26-year-old man was caught speeding eastbound on Highway 104 in the Thomson Station area Friday.

The man's licence was immediately suspended for seven days and his vehicle was impounded for the length of his licence.

THE CANADIAN PRESS

News in brief

Coyote dead after collision

WILDLIFE. A coyote is dead after being struck by a vehicle on Ellenvale Drive in Dartmouth yesterday afternoon.

Halifax Regional Police say the coyote was euthanised due to its injuries. The driver wasn't hurt. METRO

Suspect nabbed in shooting

CRIME. Police have charged a 20-year-old man in connection with last Thursday night's shooting in Glace Bay that left one wounded.

Kenneth James Murphy has been remanded to the Cape Breton Correctional Centre until an appearance in provincial court today.

THE CANADIAN PRESS

TARA TODRA WHITEHILL/THE ASSOCIATED PRESS



▶ Anti-government protesters, one holding a sheet reading "freedom," demonstrate in Cairo, Egypt, yesterday.

Egypt's military moves to take control of Cairo

Military has been generally welcomed unlike widely despised police Noted advocate calls for change

Egypt's most prominent reform advocate called yesterday for President Hosni Mubarak to resign after the powerful military stepped up its presence across the anarchic capital, closing roads with tanks and sending F-16 fighter jets streaking over downtown.

The army's show of force appeared aimed at quelling looting, armed robbery and arson that broke out alongside pro-democracy protests and have turned the cultural heart of the Arab world into a tableau of once-unimaginable scenes of chaos.

The military made no attempt to disperse some 5,000 protesters gathered at Tahrir Square, a plaza in the heart of downtown that protesters have occupied since Friday afternoon. They have violated the curfew to call for the ouster of Mubarak's regime, which they blame for poverty, unemployment, widespread corruption and police brutality.

Nobel Peace laureate Mohamed ElBaradei appeared in the square around 7 p.m.

"You are the owners of this revolution. You are the future," he told the cheering crowd.

THE ASSOCIATED PRESS

Crisis continues

- Banks were closed on orders from Egypt's Central Bank, and the country's stock market was shut on what is normally the first day of the trading week.
- An unprecedented Internet cutoff remained in place for a third day.
- Gangs of armed men attacked at least four jails across Egypt before dawn, helping to free hundreds of Muslim militants and thousands of other inmates.
- The official death toll from five days of growing crisis stood at 74, with thousands injured.

CHARTER FLIGHTS

Feds to fly Canadians out of Egypt

Canada has put a plan in motion to evacuate its citizens from Egypt as anti-government protests continue to rock the North African country.

Foreign Affairs Minister Lawrence Cannon says charter flights will begin to fly Canadians out of the country today.

He says those who chose to get on those flights will be taken to locations in Europe and will be expected to make their own arrangements for onward travel.

The stranded Canadians will also have to repay the government for the price of the chartered flights.

Cannon says there have been no reports of Canadians injured or killed in the Egyptian demonstrations which are now in their sixth day. But he says Canada is now recommending that citizens leave Egypt.

THE CANADIAN PRESS

Mom accused of murder back in jail

A Florida woman accused of killing her teenage son and daughter was released from a hospital late yesterday morning and taken back to jail.

Julie Powers Schenecker, 50, had been receiving treatment for an unknown medical condition that existed before her arrest Friday. She is scheduled to make her first court appearance today.

THE ASSOCIATED PRESS



Death toll could rise in German train crash

Cause of crash under investigation Experts look for all possibilities including technical failure, human error

German authorities said yesterday that the death toll could still rise from a head-on collision between a cargo train and a passenger train that killed at least 10 people, injured 23 others and left wreckage scattered across a frost-covered field.

The trains crashed in heavy fog late Saturday on a single-line track near the eastern German village of Hordorf, vaulting the passenger train from the track and tipping it onto its side. The front rows of the first passenger compartment were crushed and several seats lay outside the train. Both trains caught fire, but most of the dead were killed on impact, police said.

MARKUS SCHREIBER/THE ASSOCIATED PRESS



▶ The engine of the cargo train.

The crash is one of the worst train accidents in Germany's history.

"The crash was so strong that the passenger train was catapulted off the tracks," Armin Friedrich, the police officer in charge of the rescue efforts, said at a news conference in Hordorf, about 200 kilometres southwest of Berlin, Germany's capital.

Nearly 200 police and rescue workers were sent to the crash site.

In 2006, 23 people were killed in a train accident in Emsland in northern Germany and 101 people died in 1998, when a high-speed train derailed near Eschede in Lower-Saxony.

THE ASSOCIATED PRESS

Chinese. New Year



▶ A Chinese girl smiles at a friend as a train pulls away from the Beijing station in China, on Saturday.

NG HAN GUAN/THE ASSOCIATED PRESS

Busiest travel days of the year

Transportation officials in China say Lunar New Year holiday travel has been generally smooth ahead of the biggest travel days of the year. About 230 million people, more than the entire population of Brazil, are expected to take part in the world's biggest annual human migration.

Mom charged with assault

A Barrie, Ont., mother is accused of inappropriately punishing her nine-year-old by using a scrub pad on the child's hands. The 49-year-old mother of two was charged with assault causing bodily harm.

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With over $160,000 raised for charitable organizations thus far, as well as billboards and marketing plans created for successful businesses, Trumped harnesses the creativity, passion and entrepreneurial spirit of the region's top students as they compete for prizes and experiences to determine who will get their names on the coveted Trumped Briefcase.



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Oil, gold surge in wake of Egypt unrest

- Mideast, jobs, corporate results in spotlight this week
- Analysts hope for job bounce from stimulus measures

Geopolitical concerns, corporate earnings and most particularly the latest reading on U.S. job creation will set the tone for stock markets this week.

Investors will be keeping a close watch on commodity prices, which surged on Friday after unrest in Egypt threatened to spread across the Middle East. Traders ended last week by piling into resource stocks, oil and gold futures and other traditional safe havens.

Meanwhile, employment reports for Canada and the U.S. come out on Friday and hopes are high that the data will show job creation is still on track.

"I think in order for confidence to come back ... you really need to see improvements in the employment picture," said Norman Raschkowan, North American strategist at Mackenzie Financial Corp.

Expectations for January are relatively modest at about 150,000 new jobs in the U.S.

However, Michael Gregory, senior economist at BMO Capital Markets, noted that stimulus measures by the U.S. government late last year could give the numbers a boost.

As for Canada, Gregory expects to see more of the same kind of job creation sustained over the past few months.

"We've seen job growth bounce around between 10,000 and 20,000 per month, which is not bad. Not a boom, but a solid steady pace, and that's the kind of number we see," he said.

THE CANADIAN PRESS

Eye on earnings

- **Geopolitical uncertainty** going into the weekend sent oil surging almost $4 US and gold up just under $22 US.
- **Investors will look to** corporate earnings this week, as Imperial Oil releases results today and Suncor Energy reports on Wednesday.
- **The market consensus for** year-over-year earnings growth is more than 20 per cent, Mackenzie Financial's Norman Raschkowan says.

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Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 27.38 (13,437.58)	– 0.79¢ (99.89¢ US)	+ $3.70 US ($89.34 US)	$4.343 (+ 0.02¢)

Gold contracts $1,341.70 (+ $21.90)

Aging miners spell opportunity for natives

An aboriginal job-training organization has a simple solution to the problem of Canada's aging mining workforce: Hire a native.

"It's a basic equation of increasing aboriginal participation that not only fills that labour and skills shortage, but it will also positively affect individuals," says Laurie Sterritt, executive director of the B.C. Aboriginal Mine Training Association.

A survey last year by the Mining Industry Human Resources Council found that more than one-third of the workforces at the companies questioned would be eligible to retire in the next five years. The council estimated that of the roughly 200,000 people working in the mining sector, the number of workers over 50 was two to five times the number of those under 30 in virtually all job categories.

And while the council expects the number of jobs will decline in the coming years, due to gains in productivity and other factors, its forecast calls for cumulative hiring needs of more than half of the current industry workforce by 2020. Enter the First Nations.

In the 2006 census, the median age of the aboriginal population was 25, while for non-aboriginals it was 40, Sterritt says.

With more than 300 exploration projects and a score of major operating mines in B.C., the aging mine workforce presents an opportunity for young aboriginals. Sterritt says tapping into the local workforce helps not only the community but the mining companies themselves.

"It is very expensive to bring people from other locations to work," she says. "So this is really a win-win all around to be able to attract the local First Nations."

THE CANADIAN PRESS



Mining for jobs

- **The B.C. Aboriginal Mine Training Organization** helps native people prepare for jobs in the mining industry with partnerships with mines around the province including Teck Resources' Highland Valley copper mine.
- **Mark Taylor of the Aboriginal Workforce Development Initiative** in New Brunswick says its mine program, started in 2009, is on track to provide training to 150 people and jobs for at least 50 by the end of March, a year ahead of schedule.

Advertising. Food fight



▶ A costumed promoter greets customers at a Taco Bell in Mountain View, Calif.

PAUL SAKUMA/THE ASSOCIATED PRESS

Legal beef is bull, fast-food giant insists

Taco Bell launched a massive ad campaign on Friday to counter a lawsuit filed in California charging its filling doesn't have enough beef to be called that.

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2.3L Auto, 4 Door, Loaded with Options, Alloy Wheels, Factory Warranty, 75,000kms
ONLY $9,995

2006 Pontiac Vibe

I0D105
1.8L, 5 Speed, Loaded, Power Roof, Alloys, Factory Warranty, 66,000kms
ONLY $9,650

2006 Mazda 3

#I0D120
2.0L, 5 Speed, Air, Power Locks, Tilt, Non-smoker, Factory Warranty, 55,000kms
ONLY $9,450

2007 Pontiac G5 SE

#I0D163
2.2L, 5 Speed, 4 Door, Loaded, Spoiler, One Owner, Factory Warranty, 67,000kms
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2007 Honda Civic LX

#I0D148
1.8L, Auto, Loaded, 4 Door, Remote Auto-start, Alloys, I.O. Factory Warranty, 69,000kms,
ONLY $12,995

2008 Chrysler 300 Touring

#I0D85
3.5L, H/O, Loaded, Power Seat, Power Roof, Auto-start, Alloys, One Owner, 50,000kms
ONLY $15,495

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Mideast stocks plummet

Nervous investors drove Middle Eastern stocks down sharply yesterday as markets reopened after a weekend of violent protest in Egypt. The losses, led by a drop of 4.3 per cent in regional business hub Dubai, reflect concerns the unrest could spread, jeopardizing economic recovery across the region. Egypt's market remained closed because of the protests. THE ASSOCIATED PRESS

No hard feelings: Bombardier

Bombardier's new CSeries planes did not lose out to rival Airbus when Indian carrier IndiGo announced a deal Friday to purchase 180 Airbus aircraft valued at $15.6 billion US. CEO Pierre Beaudoin said Bombardier simply doesn't have an aircraft large enough to compete with the Airbus A320.

"You can't win something if you don't have a product," he said.

THE CANADIAN PRESS

Job loss bigger than reported

Contrary to earlier data, Canada lost more jobs in the 2008-09 recession than previously reported, and has created fewer jobs so far in the 18 months since the recovery, Statistics Canada said Friday. The revision means there were still 30,000 fewer Canadians working as of December — the last month for which there is data — than in October 2008 when the slump hit. THE CANADIAN PRESS

THIS COLUMN BROUGHT TO YOU BY ...

Urban Compass

STEPHEN KIMBER



"Last minute of play in the second period," the booming voice of the Metro Centre's PA announcer would declare solemnly, then add brightly: "Brought to you by ..."

I can't remember now which name-dropping corporate sponsor claimed credit for the last minute of play in a period at Mooseheads' home hockey games, or whether it still does.

I do my best to ignore the most crass product placement. But I mean ... Really?

Does anyone seriously believe the teams would not play the last minute of a period if the sponsor suddenly decided to stop paying?

As a longtime fan of a hockey team named after a beer can (and boasting more than its share of placed products), I find it difficult to get my knickers knotted at the notion that some company — even, heavens forefend, a beer company — might pony up a couple of hundred thousand of its sin-gotten gains to tack its corporate logo onto the grand civic idea of transforming the new and temporary Canada Games skating oval into a permanent winter fixture on the Halifax Common.

"City officials claim it will cost $250,000 a year to make the Oval permanent. That's a lot for hard-pressed taxpayers, but a drop in the Zamboni to a multinational corporation like Molson-Coors ..."

I know, I know. I'm not keen either on the idea of affixing yet another clunky corporate title — can you say the Dunkin' Donuts Center in Providence, R.I., or the National Car Rental Center in Sunrise, Fla.? — to the beautifully simple, simply un-commercial dream of a community skating rink.

But, hey, Halifax named one of its harbour bridges after the no-name chairman of its bridge commission — which is why many of us still refer to it, 40 years later, as the "new" bridge rather than whatever its official name is — and saddled its industrial parks with streets memorializing the full Christian names of dead city councillors.

My friends, that horse is out of the barn.

City officials claim it will cost $250,000 a year to make the Oval permanent. That's a lot for hard-pressed taxpayers, but a drop in the Zamboni to a multinational corporation like Molson-Coors or those good-life-made-easy folks at GoodLife Fitness clubs.

So let's take their money.

And say thank you very much.

But then let's make a pact to keep calling it the Oval.

Clear. Simple. And commercial free.

Cartoon

MICHAEL DE ADDER



Small-screen favourites

Letters & Tweets

We asked: What's your favourite TV sitcom?

@trudi_e: Maude. It even had an awesome song.
@MissPeachyBum: My favourite TV by far has to be The Big Bang Theory. Finally, a show for people like me!
@rorylallin: the first 10 years of the simpsons is the greatest sitcom of all time.
@dwjones83: would i be looked at funny if i said Family Matters? lol.
@benjamin_esau: Oh, The Big Bang Theory for sure. Finally, a show I can relate to!
@Projectwitz: Episodes on showtime has quickly become my current favourite.

No flipping



@dukesterHFX: my favourite sitcom had to be Gilligan's Island.
@mikeatqazam: there are a lot of good sitcoms but my fave is Cougartown. Great actors, great writing, and Courteney Cox is a comic genius.
@crestsofwaves: Everybody Loves Raymond, 8 Simple Rules.
@glorified_gv: Cosby. Cheers. Arrested Dev. Seinfeld. Seen every ep. Night Court ... maybe?
@velvetdress4U: Man hands. Low talker. Of course it's Seinfeld!
@JulesMBurke: Modern Family is my fav sitcom!!
@pennyroyal00: Favourite sitcom is Reba.
@jla30: Definitely has to be Friends. I still love watching the reruns.

What is the funniest Twitter feed you follow?

Email
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Metro Minute at illustrated talk

The Maritime Museum of the Atlantic is holding an illustrated talk titled Experiencing Sable Island tomorrow at 7:30 p.m. The event will be hosted by photographer Bernadette Morris, who went to Sable Island in the summer of 2009 and brought her camera with her to capture her vision of this oasis in the Atlantic Ocean.

Not only will Morris share her experiences about Sable Island, she hopes to enlighten and educate those wishing to learn more about helping it survive naturally.

The talk is part of the museum's free Tuesday Night Talk series, with donations welcomed to Feed Nova Scotia.

METRO

CONTRIBUTED



▶ The Maritime Museum of the Atlantic is holding an illustrated talk titled Experiencing Sable Island tomorrow.

2 scene

The bestsellers' advice

Between them they have sold millions of self-help books So we asked the biggest names for all the answers Choose the voice that suits you best and then follow-up with one of their books

DON CHAMBERS



The comedian/relationship guru sold millions of his first book, Act Like a Lady

STEVE HARVEY

How can I be happy?
You should never look for a person to make you happy. No one can make you happy first. No one can take you from a miserable state of being, and make you happy.

If you are waiting for someone to make you happy you are going to be disappointed.

You should merely be finding someone that completes you or compliments you. See, if you focus on your own personal happiness, your own personal growth then you yourself become happy. Finding happiness then is not as much of a challenge for you.

I think one of the best ways to do this is to revert to the old-fashion way of communicating.

Reduce your use of emails and texting to your significant other.

Get back to talking, by leaving voice messages. That clears up a lot of confusion because texting/emailing has no emotion.

All you can do is put a smiley face with it, or capitalize the message, and often times those things can be taken wrong. You've got to get back to some basic ways of communicating, especially face-to-face meetings.

LEO BABAUTA



THE CREATOR OF ZEN HABITS, A BLOG WITH 200,000 VISITORS, BABAUTA URGES READERS TO SIMPLIFY THEIR LIVES. HIS LATEST BOOK, FOCUS, IS "ABOUT FINDING SIMPLICITY IN THIS AGE OF DISTRACTION." THERE'S A FREE VERSION AVAILABLE AT FOCUSMANIFESTO.COM.

I'm busy but also always seem to have time to goof off online. So how do I free myself from distraction?
Create space in your life. Cancel a few commitments, add space into your schedule, get rid of some to-do items and focus on fewer projects. Make space to breathe, to reflect, to find solitude, to create. It's one of the most important things you can do.

What can the world at large do, collectively, to free itself?
Promote minimalism. It's not a life where you live with as little as possible. It's a life where the focus isn't on consuming and spending, but on connecting with others — creating, enriching your life and the lives of others. It's also a life where we consume less and have less of an impact on the Earth.

MARIANNE WILLIAMSON



ANOTHER OF OPRAH'S FAVOURITE THINGS IS A COURSE IN WEIGHT LOSS, BY WILLIAMSON, WHICH LOOKS AT THE PSYCHOLOGY BEHIND WHY WE EAT, WITH A DOSE OF GOD AND MIRACLES. IT'S THE NO. 1 BOOK IN AMAZON'S SELF-HELP DEPARTMENT.

In the book, you sound blissfully happy. Where can I get some of that?
The best thing you can do to find happiness — the best thing you can do to find anything, really — is to give it away. Happiness isn't something that happens to you; it's a mental decision that someone has to make. If you're looking for something to be happy about, you can usually find it. If you try to bring a smile to others, then you'll end up smiling yourself. But if you expect the world to make you happy, then that usually won't work because there is no world outside your consciousness.

SNL



Facebook co-founder Mark Zuckerberg and his The Social Network doppelganger Jesse Eisenberg, pictured, made friends on Saturday Night Live. Zuckerberg joined host Eisenberg for the opening monologue of the show Saturday. The two said they had never met, despite Eisenberg playing Zuckerberg in the widely hailed Oscar-nominated film. Eisenberg told Zuckerberg that he liked him on 60 Minutes and then asked if he had seen The Social Network. Zuckerberg, who has called the film inaccurate, responded that he had seen the film and that it was "interesting."

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Scan this code or visit metronews.ca/scene for coverage of the Screen Actors Guild awards



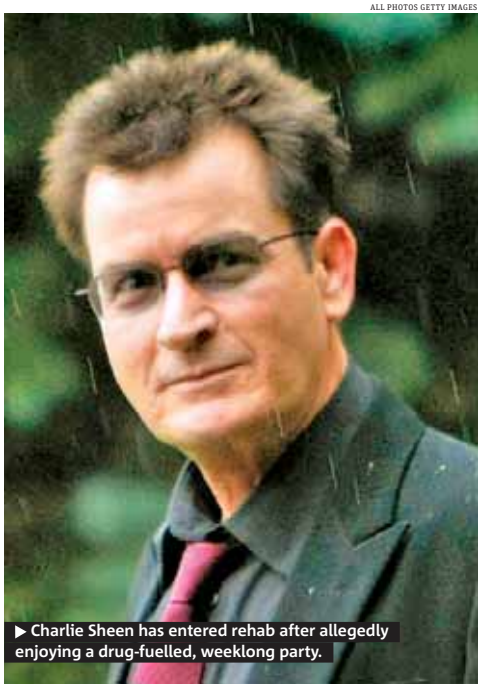




Sheen checks into rehab

- Follows hospital stay for 'abdominal trouble'
- But Two and a Half Men actor says: 'I'm fine'

ALL PHOTOS GETTY IMAGES



▶ Charlie Sheen has entered rehab after allegedly enjoying a drug-fuelled, weeklong party.

After allegedly enjoying a drug-fuelled, weeklong party that ended with him in the hospital for "abdominal trouble," Charlie Sheen checked himself into rehab over the weekend, putting production for his hit sitcom, Two and a Half Men, on hiatus, according to Radar Online.

"Charlie Sheen has voluntarily entered an undisclosed rehabilitation centre," his rep said in a statement.

But Sheen himself thinks everyone needs to relax. "I'm fine," Sheen reportedly said in a text message to the website. "People don't seem to get it. Guy can't have a great time and do his job also?" METRO

Mel Gibson's 'pirated' DVD

A DVD of Mel Gibson's new, unreleased movie, The Beaver, was stolen from his mailbox before it could be returned to the studio, according to the Hollywood Reporter. "When the courier came to pick it up, it wasn't there," a police spokesman says. "Apparently someone prior to the courier took it out of the mailbox and made off with it."

But the police aren't exactly starting a task force to track down the culprit. "It's a $10 DVD. We're treating it as a petty theft at this point," says the police official. "It's a misdemeanor. It's considered a minor crime." METRO



Celebrity tweets



James Cameron [@Jim Cameron] I never tweeted before because I'm a long winded blowhard, and they don't allow enough characters.



Leonardo DiCaprio [@Leo DiCaprio] Start shooting J. Edgar Hoover story on Feb. 5th, look forward to working on more eco projects this year too.



Jerry Bruckheimer [@BruckheimerJB] Billboards all over LA for The Beatles on iTunes – time to update the office playlist



Tom Arnold [@Tom Arnold] Loved Black Swan although it could have been funnier...



3 life

A milestone



Nearly 50 years after the Berenstain Bears first charmed preschoolers and their parents, the family behind the books remains close to their Bear Country roots.

Next year is the 50th anniversary of the first Berenstain Bears book. The gentle stories are inspired by the Berenstain family — first from the children and now the grandchildren.

Stan and Jan Berenstain created hundreds of books until Stan Berenstain's death in 2005. Their son Mike collaborates with his mother on new books.

A Berenstain Bears movie is in the script phase and has a tentative release date of 2012.

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Yup'ik Eskimo masks bring in $4.6-million to highlight Winter Antiques Show.

Although 84 per cent of current pet owners say they would pick their spouse over their pet, 14 per cent say their significant other would have to go if the choice had to be made

MICHAEL STRAVATO/ THE ASSOCIATED PRESS



The Rosenthal family with their dogs Leo and Roxy. The family had to make the decision to give up their other dog Princess, who kept escaping from the backyard. Fifty-seven per cent of adults have had to give up a pet at some point in their lives.

Would you choose your loved one or pet?

Your sweetheart or furry friend. If it came down to it, who would you choose to dump if one had to go?

Most current pet owners said they would hold on to their significant other (84 per cent), but a sizable 14 per cent picked their pet, according to an AP-Petside.com poll.

The poll revealed that those who were unmarried were more apt to choose their pet over their mate — 25 per cent of unmarried pet owners versus eight per cent among the married.

Count Fidel Martinez from Akron, Ohio, as forever loyal to Killer. That's his mix-breed rescue dog.

"I would absolutely give up my girlfriend for him," Martinez said. "I know it sounds insane but I've had numerous relationships with women. My dog has never let me down."

Women are more apt than men to say the human-pet choice would be tough (40 per cent among women compared with 26 per cent among men).

Both genders were equally likely to go with their spouse or significant other, according to the poll conducted by GfK Roper Public Affairs and Corporate Communications.

Giving up a pet for any reason can be really tough — unless you are the owners of Princess the canine escape artist.

David Rosenthal and his family in Missouri City, Tex., were ready with what they considered to be an ideal fenced backyard when they welcomed the two-year-old American Eskimo from a shelter. Then things went left.

"She kept getting away," he said. "It would usually take about an hour or so to corral her."

Even worse, the 49-year-old Rosenthal discovered the hard way that the bushy sago palm plants in the backyard were poisonous to dogs. Princess sampled them and nearly died.

"Plus, she was nipping at kids," said Rosenthal. So off Princess went, back to the shelter. "It was sad but we knew there was already somebody to adopt her." The Rosenthals now have two other dogs.

About six in 10 adults (57 per cent) have had to give up a pet at some point in their lives.

THE ASSOCIATED PRESS





The quintessential cold weather dish

Chili is the ideal comfort food to serve for lunch or dinner when the thermometer dips into freezing range

LARRY CROWE/ THE ASSOCIATED PRESS



▶ Not only is chili a great cold weather meal, it's also perfect for Super Bowl parties.

This All-or-Nothing chili is worthy of serving on a freezing day or at a Super Bowl party.

The chili starts with an intense base of toasted seasonings. Once you have some serious flavour going, it's time to turn to the star —the meat. This recipe combines chopped flank steak, shredded pork tenderloin and, for good measure, ground buffalo.

When the meat starts to brown, in go the canned tomatoes, liquid smoke, a bit of beef broth, a beer and a couple rinds from Parmesan cheese.

Preparation:

1. In a food processor, combine pork tenderloin and flank steak. Pulse until chopped but not ground. Set aside.
2. In a large, dry stockpot over medium heat, combine cumin, cinnamon, cayenne, paprika, chili powder, coffee powder, mustard, ginger and garlic powder. Toast seasonings, stirring constantly, until fragrant. Transfer seasonings to small bowl and set aside.
3. Return stockpot to burner over medium-high. Add oil and heat, then add onion. Sauté until onion is just tender, 3 to 4 minutes. Add garlic and sauté for another minute.
4. Add chopped pork tenderloin, flank steak and ground buffalo. Cook until meat begins to brown, 6 to 8 minutes.
5. Add reserved spice blend, beer, both cans of tomatoes, beef broth, liquid smoke and Parmesan rinds, if using. Bring to a simmer, then reduce heat to maintain a gentle bubble. Cover and cook, stirring occasionally, for 30 minutes.
6. Spoon out and discard Parmesan rinds. Stir in lime juice and hot sauce, then season with salt and pepper. Serve topped with sour cream and cilantro.

THE ASSOCIATED PRESS

Ingredients:

- 750 g (1 1/2 lb) pork tenderloin, cut into 2.5-cm (1-inch) chunks
- 750 g (1 1/2 lb) flank steak, cut into 1-cm (1/2-inch) strips
- 10 ml (2 tsp) cumin
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) cayenne pepper
- 10 ml (2 tsp) smoked paprika
- 15 ml (1 tbsp) chili powder
- 15 ml (1 tbsp) instant coffee powder
- 5 ml (1 tsp) mustard powder
- 2 ml (1/2 tsp) ground ginger
- 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) canol oil
- 2 yellow onions, diced
- 4 cloves garlic, minced
- 500 g (1 lb) ground buffalo
- 1 bottle (341 ml/12 oz) Corona or other pale beer
- 1 can (796 ml/28 oz) diced tomatoes
- 1 can (398 ml/14 oz) crushed tomatoes
- 250 ml (1 cup) beef broth
- 5 ml (1 tsp) liquid smoke
- Rinds from chunks of Parmesan cheese (optional)
- 30 ml (2 tbsp) lime juice
- 2 ml (1/2 tsp) hot sauce (more or less to taste)
- Salt and ground pepper
- Sour cream, to serve
- Chopped fresh cilantro

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TOP 10 of 2010

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THE TOP 10 METROTUBES OF 2010 ARE:

1. Justin Bieber Gets Hit With a Water Bottle
2. Harmonica Man
3. Tom Brokaw Explains Canada to Americans
4. Handsome Men's Club
5. The Office Dwight Schrute sings about Canada
6. Iggy Investigates an iPad
7. McNugget Rampage
8. Don't Argue With an Ibex
9. Bigfoot and Timmy Peeler
10. Vulture: Betty Draper's Guide to Parenting

To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro life panel

Forget sacrifice, try on innovation

Author of the Lazy Environmentalist offers his tips

ISTOCKPHOTO.COM


Enjoy your green planet.

PROBLEM: I'm all for the environment, but don't like it when people get so strict about it.
SOLUTION: Me too. All that gloom-and-doom and moralizing about polar bears doesn't change people's behaviour. It's time we start talking about how green issues can help people get what they want. Like the time I had my reusable FilterForGood water bottle with me on the subway and this hot chick was so impressed that she gave me her phone number and told me to call her for a date. Speaking of water, check out my campaign on filterforgood.com.

PROBLEM: Thinking about the environment makes me feel guilty.
SOLUTION: Here's my philosophy: If the green choices require me to sacrifice, I just don't make them. My sole mission in life is not to reduce my eco-impact to zero. I have other priorities, like you too. With that said, I'm typing this article on one of the most energy efficient laptops available (see epeat.net); I'm dressed in stylish clothing made from recycled materials (see nau.com, which ships worldwide); and I'm wearing high-performance boots from Timberland made with eco-friendly materials. Green is not about sacrifice — it's about embracing innovation.

PROBLEM: I'm into being green, but I already recycle, turn off the water when brushing my teeth, etc. What's next?
SOLUTION: All sorts of amazing choices. In many countries, you can get solar panels for your home through a zero-money down lease. There are websites that will pay you to recycle your unwanted electrical goods. And other sites help you rent or borrow almost everything you need. It's called Freecycle; just Google it and start saving. METRO



CHOOSING ECO FRIENDLY BEDS

Queen of Green

LINDSAY COULTER
GREEN@METRONEWS.CA



What do you recommend when it comes to shopping for an eco-friendly mattress?
Nicole of Vancouver

A mattress is a big purchase not to be taken lightly, given the number of hours you'll use it, the years you'll need it to last and the cost. They're not all that easy to dispose of either.

Natural fibres are the best. Options for mattresses (and pillows and bedding) include wool, silk, hemp, organic cotton and natural latex. Avoiding synthetic fabrics and fibres derived from petrochemicals, like polyurethane foam, also eliminates concerns about off-gassing of volatile organic compounds (VOCs).

Natural options mean you needn't lose sleep worrying about mites and fire resistance either! Conventional mattresses tackle these with chemical treatments and toxic compounds, but wool naturally repels dust mites and natural latex foam is fire-resistant.

Addressing mattress eco-friendliness wouldn't be complete without mentioning PBDEs. These are a group of synthetic chemicals added as fire retardants. PBDEs are not produced in Canada but are imported by manufacturers and in consumer products (e.g., televisions, furniture, carpets, and curtains). Mattresses made in Canada generally do not contain these flame retardants, but it is always good to ask.

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FREEDOM IN FORGIVENESS

Turning Point

TERESA KRUZE
LIFE@METRONEWS.CA



She stood in court staring into the eyes of her brother's killer. Annette Stanwick had endured many months of anger and pain but as she read her victim impact statement, she faced a turning point in her life. It was at that moment that she decided to let go of her anger. When she told the convicted murderer that she forgave him, she walked away a changed woman.

"When you forgive it doesn't change what has happened but it helps to release the negative emotions you hang on to."

Stanwick went on to write an award winning book called Forgiveness: The Mystery & Miracle, and now is a much sought after international public speaker. When she's not working as a VP at Gimbel Eye Centre in Calgary, she gives seminars and even speaks in prisons. Annette is enjoying life to its fullest, even riding Harley motorcycles with her husband. "Terrible things happen in life. Acknowledge the pain then let go of the fear and anger that are holding you back. We can rise above them. Climb the mountain. The view from the top is amazing."



▶ Annette Stanwick poses with her Harley.

Teens unplugged

▶ A working mom takes her family off the grid for six months and lives to tell the tale ▶ Pens a memoir entitled The Winter of Our Disconnect

FLICKR: FRAMING THE WORLD



▶ Author Maushart says she realizes that living off the grid for six months is unrealistic for most people, but encourages families to unplug periodically.

Susan Maushart lived out every parent's fantasy: She unplugged her teenagers.

For six months she took away the Internet, TV, iPods, cellphones and video games. The eerie glow of screens stopped lighting up the family room. Electronic devices no longer chirped through the night like "evil crickets." And she stopped carrying her iPhone into the bathroom. The result of what she grandly calls "The Experiment" was more OMG than LOL — and nothing less than an immersion in RL (real life).

As Maushart explains in a book released in the U.S. this week called The Winter of Our Disconnect, she and her kids rediscovered small pleasures — like board games, books, lazy Sundays, old photos, family meals and listening to music together instead of everyone plugging into their own iPods.

Her son Bill, a video game and TV addict, filled his newfound spare time playing saxophone.

"He swapped Grand Theft Auto for the Charlie Parker songbook," Maushart wrote. Bill says The Experiment was merely a "trigger," and he would have found his way back to music eventually. Either way, he got so serious playing sax that when the gadget ban ended, he sold his game console and is now studying music in college.

Maushart's eldest, Anni, was less wired and more bookish than the others, so her transition in and out of The Experiment was the least dramatic. Her friends thought the ban was "cool." If she needed computers for schoolwork, she went to the library. Even now, she swears off Facebook from time to time, just for the heck of it.

Maushart's youngest daughter, Sussy, had the hardest time going off the grid. Maushart had decided to allow use of the Internet, TV and other electronics outside the home, and Sussy immediately took that option, taking her laptop and moving in with her dad — Maushart's ex-husband — for six weeks. Even after she returned to Maushart's home, she spent hours on a landline phone as a substitute for texts and Facebook.

But the electronic deprivation had an impact anyway: Sussy's grades improved substantially. Maushart wrote that her kids "awoke slowly from the state of cognitus interruptus that had characterized many of their waking hours to become more focused logical thinkers."

Maushart decided to unplug the family because the kids — ages 14, 15 and 18 when she started The Experiment — didn't just "use media," as she put it. They "inhabited" media. "They don't remember a time before email, or instant messaging, or Google," she wrote.

THE ASSOCIATED PRESS

The Experiment

The unplugging of Maushart's family began with drastic changes.

- Initially Maushart turned off the electricity completely for a few weeks — candles instead of electric lights, no hot showers, food stored in a cooler of ice.
- Maushart's is a lifelong devotee of Henry David Thoreau's classic book Walden, which chronicled Thoreau's sojourn in solitude and self-sufficiency in a small cabin on a pond in the mid-1800s.

Cast your net-work

ISTOCK



▶ Bulk up the business section of your Rolodex with a few easy tips for collecting contacts.

When it comes to landing a new gig, we all need a little help from our friends (and Facebook acquaintances). Marcia Heroux Pounds, author of I Found a Job! Career Advice from Job Hunters Who Landed on Their Feet, shares tips on how to network your way to a new job.

Get involved

Look for networking groups that have a broader membership than those in career transition: ExecuNet, which has chapters across the country, is a group that brings executives, recruiters and business leaders together for discussion in person and online.

Leadership organizations can also be great. Toastmasters, which helps people become comfortable with public speaking, is a way to meet people from many different industries.

Volunteer your expertise

Use your knowledge in a field to help others. It can benefit you in your job search.

Employers want to hire people who are highly regarded in their fields. Volunteering provides the opportunity to build a reputation while making key contacts.

Be curious

As you're networking or just running errands, be aware of what's going on around you and ask questions. Curiosity usually leads to discovery, and that can mean meeting someone who will lead you to a potential job. If you're shy, asking people about their jobs, careers or interests can be a way to expand your network.

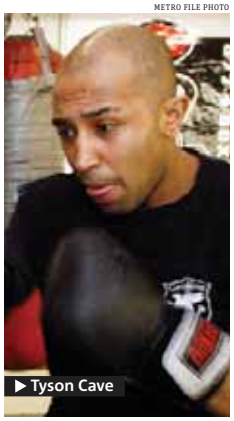
It's a small world, and with so many people in so many industries displaced in the recession, it's highly likely you will know people at potential employers.

Previous work experience with someone on the inside can be a major advantage. METRO

Alumni networks

- The term 'alumni' can apply to different groups: your college, high school, sorority/fraternity or people you worked with at a former employer. Mobilize them all.

METRO FILE PHOTO



▶ Tyson Cave

Cave adds another boxing title

Tyson Cave won the vacant WBC Continental Americas super bantamweight title on Saturday night in Halifax.

The hometown boy beat Vancouver's Nestor Bolum with a clean sweep on judges' scorecards, 100-90, 100-90 and 99-91, at Palooka's Boxing Club.

Cave, the national super bantamweight champ, improved to 13-1 as a professional, while Bolum fell to 8-1. METRO

Lopez's big games lifts Dalhousie

Third-year guard Stephen Lopez paced the Dalhousie Tigers men's basketball team with an 18-point, 11-rebound double-double in a 96-55 blowout win over the Memorial Sea-Hawks at Dalplex yesterday.

The Tigers are second in Atlantic University Sport at 8-5. In the women's game, Dal lost 88-53 to Memorial. METRO

Huskies end slump in blowout

The Saint Mary's Huskies men's hockey team snapped a five-game losing streak in convincing fashion on Saturday with an 8-2 triumph over the Dalhousie Tigers at the Forum.

Despite the recent slump, the Huskies are tied for second in Atlantic University Sport at 14-9-1. The Tigers, 10-13-0, are tied for the last playoff spot. METRO

Rainmen soar over RazorSharks

New coach pushes pace in first two games ◐ Halifax improves to 6-2



MATTHEW WUEST
@METRONEWS.CA

The Halifax Rainmen pushed the ball early and often — and the Rochester RazorSharks simply couldn't keep up.

Using a frenetic, fast-paced offence that poured in a whopping 37 points in the opening 12 minutes, the Rainmen went up by a dozen after the first quarter and rode that cushion to a 111-97 win over the RazorSharks at the Metro Centre yesterday.

On the heels of Saturday's 97-84 victory over the Saint John Mill Rats, it marked the second win in 24 hours under new head coach Mike Evans, who stepped in for Les Berry and is relying less on half-court sets and more on athleticism.

"We know our strength is getting up, out in the open floor," said Rainmen small forward Marshall Brown, who had 21 points. "We're hard to guard when we're out and running. That's when we're at our best."

The RazorSharks, two-time Premier Basketball League champions, got as close as nine points in the third quarter. But a game-changing play from Brown took the steam out of their comeback.

The six-foot-five Texan had the highlight of the night with 2:10 left in the third when he used an ankle-breaking cross-over to leave former PBL MVP Keith Friel in his dust before soaring to a one-handed jam that brought the crowd of 2,652 to its feet.

That play led off an eight-point run that left the Rainmen with an 87-70 lead.

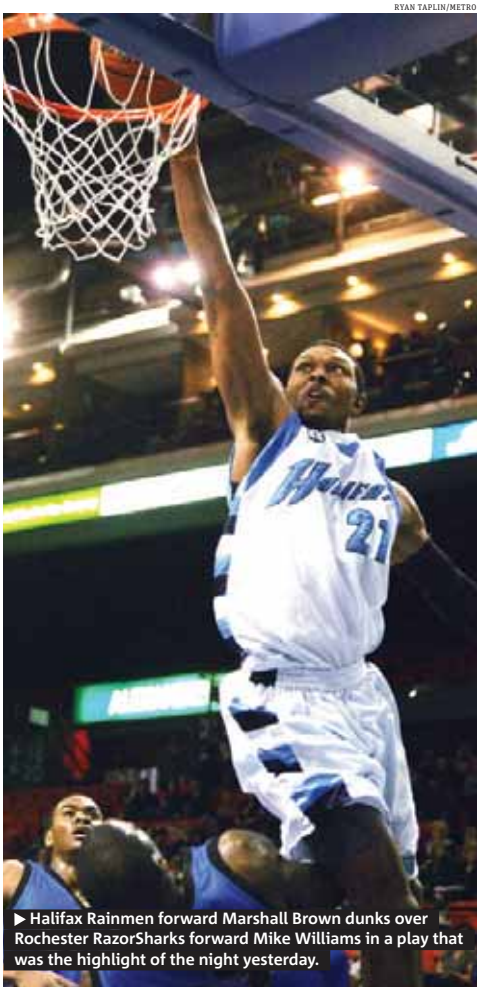
"That just hyped everybody up," said Rainmen point guard Taliek Brown. "That was the best play of the year — it was incredible — and it got everybody going again."

Taliek Brown piled up 15 points and 11 assists; Mike Mercer scored 21 points; Josh Dollard had 13 points and 11 rebounds; and James (Boo) Jackson had 13 points of his own.

"That's a good weekend," Taliek Brown said. "Puts us on a pedestal, builds our confidence and gets us playing hard as a team."

The Rainmen are now 6-2, half a game behind the PBL-leading Lawton-Fort Sill Cavalry, who are 6-1 after losing their first game of the season yesterday, 97-88 on the road to the Quebec Kebs.

RYAN TAPLIN/METRO



▶ Halifax Rainmen forward Marshall Brown dunks over Rochester RazorSharks forward Mike Williams in a play that was the highlight of the night yesterday.

Smith-Dacey's belief becomes reality

Heather Smith-Dacey didn't miss a beat filling in for a two-time world champion.

Smith-Dacey won her second Scotties Tournament of Hearts Nova Scotia women's curling championship as a skip yesterday, defeating Mayflower clubmate Theresa Breen 7-3 in the final at the Glooscap Curling Club in Kentville.

Smith-Dacey moved from third to skip with her Mayflower rink in December after meningitis forced legendary Colleen Jones to end her season early. Danielle Parsons took Smith-Dacey's old spot alongside second Blisse Comstock and lead Teri Lake.

"It was just believing we could do it, coming together as a team and supporting each other," said Smith-Dacey, who last won as skip in 2004.

"We knew we could make the shots, but it was coming together as a team and doing all those little things you have to do for one another, to help (teammates) feel comfortable and believe."

Smith-Dacey's foursome went 5-2 in the round robin before defeating fellow Mayflower skip Mary-Anne Arsenault 8-3 in Saturday night's semifinal.

METRO FILE PHOTO



▶ Heather Smith-Dacey

Breen, a four-time Ontario champ who is a friend and former teammate of Smith-Dacey, went 6-1 in round-robin play to earn a direct trip to the final.

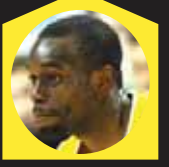
"It was nice to play her today because I knew we'd be sending a good representative either way," Smith-Dacey said. "I've stood in her shoes before, on the losing side of it, and it's not fun, but they had a great week."

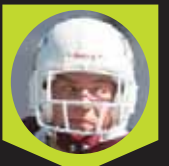
Smith-Dacey advances to the national Scotties starting Feb. 19 in Charlottetown, P.E.I. METRO

4 sports

More Sports

Jermaine Anderson
The former Halifax Rainmen star has signed with the Panionios Telecoms, a team that plays in the top league in Greece. Anderson, who averaged 15.1 points per game with the Rainmen in 2007-08, started this season with the Lyubertsy Triumph of the top Russian league.





Joel Lipinski
The former Saint Mary's Huskies defensive back/returner signed with the CFL's Edmonton Eskimos on the weekend. Lipinski, an all-star with the Huskies in 2008, played one season in the CFL with the Saskatchewan Roughriders in 2009.

Scan code for more sports

G'day at Open for Djokovic

Novak Djokovic gave his old friend Andy Murray a sympathetic hug and a few consoling words, then got on with the real celebrations.

Djokovic walked to the middle of the court, tossed his racket into the crowd, then stripped off his shirt and shoes and hurled them, too.

The 23-year-old Serb had plenty to celebrate after his 6-4, 6-2, 6-3 win over Murray in the Australian Open final yesterday. Djokovic's second Australian title made him only the fourth active player on the men's tour to win multiple majors. Rafael Nadal and Roger Federer have had a lock on the men's side, winning 21 of the previous 23, while Lleyton Hewitt has two titles — the last coming at Wimbledon in 2002.

"It's been a fantastic tournament for me," Djokovic said. "I don't want to fly up to the sky and say, 'I am the best,' or whatever. I cannot compare to Rafa and Roger's success."

He's the most successful player so far in 2011, though, and that's what counts right now.

"Certainly this will give me a lot of motivation for the continuation of the season, because to win a Grand Slam at the start of the season is the best start you can ask for," he said. "It means the world to me. I'm still 23. I still have a lot of time to go."

THE ASSOCIATED PRESS

2 Australian Open Champion Kim Clijsters will move up one spot to No. 2. Caroline Wozniacki will hold on the women's No. 1.

KEVIN C. COX/GETTY IMAGES



▶ Team captains Nicklas Lidstrom and Eric Staal shake hands yesterday after Team Lidstrom defeated Team Staal 11-10.

Stars show off shinny skills

New player draft format creates buzz going into weekend, but fails to add life to game ◐ Chicago's Patrick Sharp wins MVP with three points

Eric Staal and his Carolina Hurricanes teammates did not capitalize on home-ice advantage yesterday and the NHL's all-star game was unable to live up to the hype created by its new format.

The Hurricanes captain did his best by scoring twice, but Team Lidstrom walked away with an 11-10 victory.

There were no standout performances or real buzz moments — something that was in large supply during Friday's draft and Saturday's skills competition.

Anze Kopitar and Danny Briere led the way for Team Lidstrom with two goals apiece. Dustin Byfuglien, Loui Eriksson, Matt Duchene, Steven Stamkos, Jonathan Toews and Marty St. Louis each had one.

Staal and Kris Letang each had two goals for Team Staal while Alex Ovechkin, Paul Stastny, Patrik Elias, Claude Giroux, Patrick Sharp and Rick Nash had the others.

The league went with a different format this year — putting the power in the hands of the players by having captains Staal and Nicklas Lidstrom select the teams.

As in years past, the intensity didn't pick up until the minutes wound down.

There were countless odd-man rushes and some nice goals, none more popular than the one Staal scored on a breakaway 3:49 into the third period to tie the game 7-7.

A goal by St. Louis at 13:54 put Team Lidstrom ahead 10-8 and Team Staal couldn't complete the comeback. Eriksson scored on an empty net.

THE CANADIAN PRESS

Moose get pair of wins to end slide

The Halifax Mooseheads are out of their rut.

The Mooseheads ended a seven-game losing streak on the weekend, going two-for-three in a tough 48-hour stretch and finishing it off yesterday with a 5-4 shootout road win over the P.E.I. Rocket in Charlottetown.

That, along with a 2-1 home triumph over the Baie-Comeau Drakkar on Friday, sandwiched Saturday's 4-3 road loss to the Moncton Wildcats.

"It was an excellent weekend," said Mooseheads head coach Bobby Smith. "We really played three excellent games."

The Mooseheads, who battled back from a 3-1 third-period deficit on Saturday against the Wildcats before losing on a late goal, went to a shootout yesterday after blowing a two-goal lead of their own.

But goalie Anthony Terenzio, who already had 33 saves in 65 minutes, shut down all three P.E.I. shootout attempts and set the stage for rookie winger Darcy Ashley to score the winner.

"When you look at the fact P.E.I. hadn't played since Thursday and this was our third game in 48 hours, it was a real character win for the team," Smith said.

Overage forward Charles Bety scored twice and was the first star, while Konrad Abeltshauser and Carl Gelinas added singles.

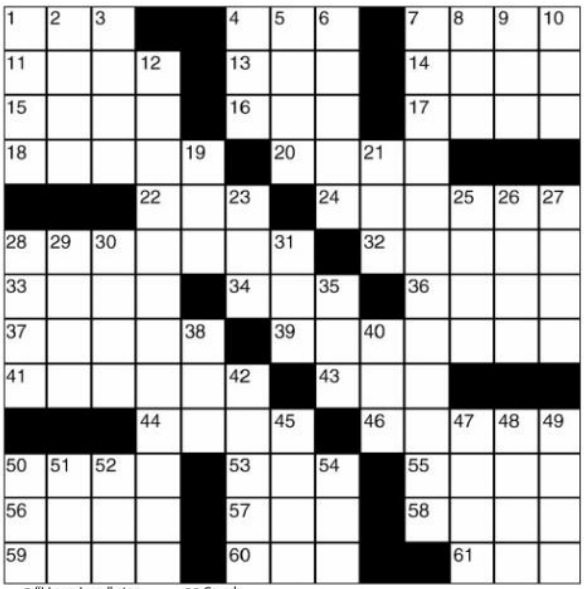
The Mooseheads, 16-31-3, host the Drummondville Voltigeurs on Wednesday at 7 p.m.

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Crossword



Across

1 Humpty Dumpty, e.g.
4 Recede
7 Stroller
11 Let fall
13 Pitch
14 Emana-tion
15 Comical Carvey
16 Cassius Clay, now
17 Foot fraction
18 Follows orders
20 Lascivi-ous
22 Help
24 Under-stand
28 Self-indulgent spender
32 Cohort of Brahma and Vishnu
33 Owl's call
34 Auction offer
36 Always
37 Draw a conclusion
39 Clothing fasteners
41 Villainous sort
43 Luau bowlful
44 Frog's cousin
46 — salts
50 Likely name for a poodle
53 Showbiz job
55 Otherwise
56 Hodge-podge
57 Deposit
58 Charac-terization
59 Singer Campbell
60 Shady tree
61 Stir-fry pan

Down

1 Taro root
2 Snatch
3 Vanished
4 Greek vowel
5 "I Love Lucy" star
6 Concise
7 Bore an expense
8 Scoot
9 Curved line
10 — -jongg
12 "Listen up!"
19 Madam's counterpart
21 Existed
23 Society newcomer
25 Bees' home
26 Finished
27 Fourth planet
28 Caprice
29 Top-notch
30 Couch
31 Claiborne of fashion
35 Quick swim
38 — de Janeiro
40 "The Raven" writer
42 American bird
45 Rotary phone feature
47 Time-consuming
48 Norway's capital
49 Timid
50 Visibility hindrance
51 Under the weather
52 "Curse you!"
54 Phys. ed. venue

▶ Yesterday's answer

Y	E	A	T	S		R	C	A		M	A	P		
A	T	S	E	A		I	A	M		A	N	I		
P	A	P	E	R		A	S	P	I	R	I	N		
		E	N	G	E	L	S		T	I	M	E		
A	B	C		E	X	T		A	H	E	A	D		
N	U	T	S		C	O	B	R	A					
A	S	S	U	M	E		O	S	C	A	R	S		
			B	E	L	O	W		A	S	I	S		
P	A	N	T	S		F	E	W		P	O	T		
R	E	A	L		A	F	R	E	S	H				
A	S	P	E	R	S	E		A	P	A	C	E		
D	O	E		P	I	N		V	A	L	U	E		
O	P	S		M	A	D		E	S	T	E	E		

Sudoku

			8		4			
	2	7	3		1	4	5	
	6	5				1	8	
			6		3			
3								7
			4		2			
	4	9				7	1	
	8	2	1		6	9	3	
			7		5			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	2	8	5	1	3	4	7
8	5	3	4	7	9	6	1	2
4	1	7	2	6	3	9	8	5
2	4	6	5	3	7	1	9	8
9	8	5	1	4	2	7	3	6
3	7	1	9	8	6	5	2	4
1	6	8	7	9	4	2	5	3
5	3	9	6	2	8	4	7	1
7	2	4	3	1	5	8	6	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

My Dew Hunnie... We've been together for a 100 days now, and if this is what it's like to be in love you with you, then you have to be stay with me forever cause baby I loved every moment of it for the past 100 days. I love you, and I always will. **FROM YOUR LAWYER S2**

Melinda, Happy 7th wedding anniversary!! Hope that we stay 2gether 4ever. You're the sexiest wife ever & you're always on my mind. Love your sexy smile and I enjoy being married to you Thanks for making me happy. Love Always & 4ever. **MARC XOXO**

Francesca, you are my light, my life, my everything! Thanks for supporting me through the rough times and for always being there for me! I love you and I can't imagine being with anyone else but you. Happy one month! Love, **"CARL"**

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Tuesday -8°/-10° Variable
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The most important thing this coming week is that you do only what you are good at. No matter how many other things may be going on in the world, focus your attention on one thing only.

♉ Taurus April 21-May 21 Let other people have the last word today, especially on the work front where colleagues and employers are likely to be a bit argumentative.

♊ Gemini May 22-June 21 Others will go out of their way to pick holes in your arguments today – but that's okay because you'll simply ignore them.

♋ Cancer June 22-July 22 Resist the temptation to look at the world you inhabit as a "bad" place – it's not. Some people can be very negative in their outlook but on every scale that matters the world is getting better by the day.

♌ Leo July 23-Aug.23 Check the small print before putting pen to paper today because someone could be trying to trick you into believing that you are getting a really good deal when, in fact, you will end up losing out.

♍ Virgo Aug. 24- Sept. 22 Make sure that what someone is trying to get you interested in is worth the investment of time and energy you will be required to make.

♎ Libra Sept. 23-Oct. 23 Cosmic activity in your fellow Air sign of Aquarius will fill your head with big ideas over the next few days but not all of those ideas will be practical, so don't get carried away.

♏ Scorpio Oct. 24-Nov. 22 A friend or work colleague may be a bit hurtful in some of the things they say but don't take it to heart.

♐ Sagittarius Nov. 23-Dec. 21 You have nothing to prove and everything to look forward to, so stop fretting that you are on the wrong track because you are heading in exactly the right direction.

♑ Capricorn Dec. 22-Jan. 20 You may be suspicious that certain people are being supportive of you now, especially as they have been so negative in the recent past, but don't be too distrustful.

♒ Aquarius Jan. 21-Feb. 18 Your current run of good fortune shows no signs of coming to an end. On the contrary, the closer you get to Thursday's new moon the more you will be convinced that you cannot possibly lose.

♓ Pisces Feb. 19-March 20 At this time of year more than most you tend to see enemies at every turn but few if any of them exist outside your imagination, so get a grip on yourself and start getting things done. ● SALLY BROMPTON

Caption contest

JOHN LEYBA/ THE ASSOCIATED PRESS



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U0306	M-Class	2008	ML320CDI	Automatic	Calcite White	55,400 km	$47,550	$46,900
M0242 SOLD	E-Class	2002	E320 4Matic	Automatic	Silver	52,000 km	$15,990	$13,999
U0313	E-Class	2008	E300	Automatic	Flint Grey	78,800 km	$39,900	$36,900
M0163A	S-Class	2007	S550 4Matic	Automatic	Blue	56,000 km	$72,450	$69,900
U0321	S-Class	2007	SLK350	Automatic	Calcite White	16,000 km	$44,900	$41,900
U0324 SOLD	C-Class	2008	C350 4Matic	Automatic	Red	65,900 km	$41,900	$39,900
U0326	C-Class	2008	C300	Automatic	Palladium	48,500 km	$35,500	$34,900
U0327 SOLD	E-Class	2008	E350 4Matic	Automatic	Black	47,000 km	$46,500	$45,900
U0335	C-Class	2008	C300 4Matic	Automatic	Calcite White	60,000 km	$35,900	$34,900
U0330	C-Class	2007	C280	Automatic	Black	56,600 km	$23,900	$22,900
U0325	S-Class	2007	S550 4Matic	Automatic	Obsidian	26,500 km	$71,500	$69,900
DM0148A	C-Class	2007	C280 4Matic	Automatic	Black Opa	88,300 km	$25,990	$24,990
U0336	GL-Class	2008	GL320 CDI	Automatic	Pewter	74,000 km	$54,900	$53,900
U0337	C-Class	2008	C230 4Matic	Automatic	Calcite White	39,600 km	$32,900	$31,900
M0185A	S-Class	2007	SLK280	Automatic	Caspian B	19,900 km	$36,900	$35,900
M0262A	C-Class	2004	CL230	Automatic	Iridium S	89,700 km	$12,900	$11,900
M0224A	E-Class	2000	E320 4Matic	Automatic	Desert Si	256,000 km	$7,990	$6,995

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